



North Sound Youth & Family Coalition

Work Plan: 2021-2023

Goal #1 – To increase knowledge and awareness of services and programs both currently available and needed in the regional System of Care while promoting System of Care Values.

Definitions:

- By *System of Care*, we mean the spectrum of effective, community-based services and supports for children and youth with or at risk for mental health or other challenges and their families, that is organized into a coordinated network, builds on meaningful partnerships with families and youth, and addresses their cultural and linguistic needs, to help them to function better at home, in school, in the community, and throughout life.
- By *System of Care Values*, we mean the 3 *Core Values* inherent in the *System of Care* approach:
 - Family driven and youth guided, with the strengths of the child and family determining the types and mix of services and supports provided.
 - Community based, with the locus of services, as well as system management, resting within a supportive, adaptive infrastructure of structures, processes, and relationships at the community level.
 - Culturally and linguistically competent, with agencies, programs, and services that reflect the cultural, racial, ethnic, and linguistic differences of the populations they serve to facilitate access to and utilization of appropriate services and supports.

Benchmarks:

- YFC membership includes representatives from a wide array of community partners, with a minimum of 5 of the following groups represented at any given time:
 - Adults with lived experience receiving services for mental health or substance use services as youth or as adults
 - Behavioral health ombuds
 - Behavioral health providers including but not limited to:
 - Mental health
 - Substance use
 - Applied Behavioral Analysis
 - WISe Care Coordinators, Family Partners, Youth Partners, Therapists, Supervisors/Administrators
 - City council members
 - College and university campus groups
 - Community leaders or organizations/coalitions
 - County commissioners
 - Department of Children, Youth, and Families
 - Child welfare

- Juvenile rehabilitation
 - Office of Juvenile Justice
 - Developmental Disabilities Administration
 - Division of Vocational Rehabilitation
 - Domestic Violence/Sexual Assault agencies
 - Early Learning – Head Start
 - Education/school district/educational service districts
 - Equity, diversity and inclusion leaders or groups
 - Faith community leaders
 - Family run organizations or programs
 - Foster care provider(s) and/or youth and family groups
 - Kinship groups
 - Legislators
 - Local or County Juvenile Justice
 - Law enforcement
 - Managed Care Organizations
 - Military
 - Organizations serving youth and/or families experiencing homelessness
 - Physical health care/public health
 - Prevention Coalitions / behavioral health prevention services
 - Regional advocacy groups
 - Tribes
 - Urban Indian Health Programs, (UIHP), urban Indian organizations, or other American Indian/Alaska Native (AI/AN) lead organizations
 - Youth run organizations or programs
 - Others interested in improving outcomes for youth and families
- YFC hosts a minimum of 6 presentations per year on topics suggested by members in monthly meeting evaluations and selected/arranged by tri-leads and makes information about the presentations publicly available on YFC’s website and social media accounts.

Action Plan:

Task	Brief Description	How/When	Responsible Party (ies)	Evaluation
<i>Name of activity/task</i>	<i>Briefly state the main purpose of activity</i>	<i>How often and/or when it will be completed?</i>	<i>Who from the Coalition is making sure this gets done?</i>	<i>How will we evaluate progress towards achieving these outcomes?</i>
Honor and strengthen partnerships with member agencies	Proactively deepen relationships with community partners by adding a partners’ page to YFC’s website	September 30, 2022; Update Quarterly	Convener	Update members on progress with partners’ page at regional meeting every quarter

Scheduled presentations	Using meeting evaluations and Strengths and Needs Assessment data, arrange and host 6 presentations on topics related to services and programs coming to, actively running, or needed in the regional System of Care	Presentations arranged at least 3 months in advance	Tri-Leads and Convener	Regional meeting evaluations
Presentation info available to the public	Ensure presentations are made available to interested parties who cannot attend YFC meetings in person	Following each presentation	Convener	Convener will edit recordings and post the presentation portion of the meeting on the internet.

Goal #2 – To nurture a culture of intersectional, antiracist social equity.

Definitions:

- By *antiracist* we mean that we champion policies and ideas that correct racial disparities by prioritizing the wellbeing of those impacted by outcome disparities; specifically, we are referring to *Black, Brown, Indigenous, and Migrant* people and those who are *Lesbian, Gay, Bisexual, Trans, Non-Binary, Queer, or Two-Spirit*.
- By *social equity* we mean equity in terms of race, gender, sexual orientation, ability, age, and socioeconomic status, as demonstrated by equitable and meaningful youth and family participation for all five counties in the North Sound region.
- By *intersectional* we mean that we do our best to account for the complex, cumulative ways in which the effects of multiple forms of discrimination combine, overlap, or intersect.

Benchmarks:

- YFC membership closely mirrors the racial, gender, sexual orientation, ability, age, and socioeconomic status of the region.
- Youth, parents, family members, and community members who are *Black, Brown, Indigenous, or Migrant*, and those who are *Lesbian, Gay, Bisexual, Trans, Non-Binary, Queer, or Two-Spirit*, experience YFC as positive, safe, and brave (as reported by meeting evaluation data).
- Youth, parents, family members, and community partners from traditionally marginalized communities share their experiences and feedback about the behavioral health system (as reported in YFC surveys, including meeting evaluations and Strengths and Needs Assessment data).

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<i>Name of activity/task</i>	<i>Briefly state the main purpose of activity</i>	<i>How often and/or when it will be completed?</i>	<i>Who from the Coalition is making sure this gets done?</i>	<i>How will we evaluate progress towards achieving these outcomes?</i>
Identify the regional demographics	Research the demographic make-up of the region to identify the racial, gender, sexual orientation, ability, age, and socioeconomic status of the population by % of the total	In 2021, and then in odd years when the Strengths and Needs Assessment is conducted	Team conducting Strengths and Needs Assessment, Tri-Leads, Convener	Demographic make-up of the region will be included in YFC's Strengths and Needs Assessment
Include historically marginalized communities in Strengths and Needs Assessments	Ensure YFC seeks out feedback from youth, families, and community partners in historically marginalized communities by explicitly planning to gather data from those groups while conducting the Strengths and Needs Assessment	Even years, or any time a Strengths and Needs Assessment is conducted	Tri-Leads, Convener, and Strengths and Needs Assessment Leadership Committee	Address attempts to gather data from groups that are <i>Black, Brown, Indigenous, or Migrant</i> , and those who are <i>Lesbian, Gay, Bisexual, Trans, Non-Binary, Queer, or Two-Spirit</i> in the text of the Strengths and Needs Assessment
Provide education and support opportunities for parents and caregivers of children and youth most likely to experience	Sponsor, support, and promote opportunities to bolster family access, education, and support opportunities such as training.	Promote or sponsor at least two opportunities per year.	Tri-Leads, Convener	Review agendas, emails sent to the YFC network, trainings sponsored by YFC on a quarterly basis

outcome disparities.				
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Goal #3 – To equitably increase youth and family involvement in YFC from all five counties in the North Sound region.

Definitions:

- By *youth-adult partnership* we mean youth partners planning and running outreach projects with support from family and system partners regarding resources and logistics.

Benchmarks:

- YFC has a positively engaged youth-adult partnership Outreach Committee that meets regularly to plan outreach activities that answer emergent community needs.
- YFC membership includes at least 2 youth and 2 parents or family members from each county, and that at least 51% of the total number of members identifies as either a youth partner or family partner.

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Start an outreach committee	Develop a positively engaged youth-adult partnership outreach committee that meets regularly to plan outreach activities that answer emergent community needs	Meet every other month for one hour	Tri-Leads, Convener	Committee meetings are advertised on YFC's website and email newsletters.
Invite HCA's North Sound Tribal Liaison to Present on Tribal Outreach	Gain insight on building relationships with our tribal neighbors so that YFC is aware of and can accurately understand their	22-Mar	Convener	Presentation recorded and archived in minutes

	needs/concerns/insights/vision for child-youth behavioral health in the region			
Seek funding for social media campaign	Secure funding to contract with a social media marketing consultant to train youth to develop a social media campaign on the overlap between sexual and behavioral health. Topics may include healthy relationships, consent, warning signals, accessing care, and more.	As opportunities arise	Convener	Convener will work with Tri-Leads to identify opportunities and write proposals.
Tri-leads to follow up with new meeting attendees	Tri-leads will follow up with new meeting attendees to help answer questions and welcome them to YFC	Monthly	Tri-Leads	Tri-Leads will review the membership roster quarterly to determine the effectiveness of this approach.
Hold new member info-sessions 15 minutes prior to each monthly meeting	Announce new member sessions are held from 3:45-4:00 just prior to monthly regional meetings. Use the time to explain what YFC does and how new meeting attendees can get connected with the various projects YFC is working on.	Monthly	Convener, Tri-Leads, or YFC member volunteers	Tri-leads will review attendance and feedback from new attendees quarterly and make recommendations about changes to the Outreach Committee.

Update YFC's web presence.	Update YFC's website so that it is easier to navigate and more users have access to updating it. The design scheme will allow us to utilize all virtual tools available to promote YFC's brand, keep our communities informed, and provide a central hub for all of YFC's online activities.	6/30/2022	Youth Tri-Lead, Convener	Present to YFC membership at July or August 2022 meeting for final approval before routing current web address to the new website.
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Goal #4 – To increase access to high quality behavioral health supports through school districts by engaging in a family-driven, youth-guided process to identify training needs and opportunities to expand behavioral health engagement opportunities.

Definitions:

- By *family-driven*, we mean families have a primary decision-making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory, and nation.
- By *youth-guided*, we mean young people have the right to be empowered, educated, and given a decision-making role in the care of their own lives as well as the policies and procedures governing care for all youth in the community, state, tribe, territory, and nation.

Benchmarks:

- YFC provides or endorses at least 6 trainings per year for system partners that align well with needs identified by youth and family partners.
- YFC's efforts to promote new mental health and SUD prevention clubs at schools will result in at least 2 student-run clubs in each county in the North Sound region.
- Improve connections between behavioral health programs at colleges and universities and schools where students can complete internships... needs more work.

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<p>Endorse training opportunities that promote the needs and values identified by YFC members.</p>	<p>Invite training providers to present programs at YFC regional meeting, and offer endorsements based on needs identified by youth and families. Create endorsement graphic and page on website for promotional purposes.</p>	<p>At least one training per year.</p>	<p>Convener, Tri-Leads</p>	<p>Presentations on training programs and subsequent discussions and decisions to either endorse or not will be reflected in meeting minutes.</p>
<p>Promote the development of behavioral health clubs in schools and colleges.</p>	<p>Identify models, reach out to current programs, and work with school staff and faculty to develop clubs at schools.</p>	<p>Start in the 2022-2023 school year, and focus on 1 school or district per school year.</p>	<p>Outreach Committee</p>	<p>Outreach Committee will present on progress at one regional YFC meeting per calendar year.</p>